



WITCHCRAFT & METAPHYSICS

Archetype and Tarot Mini-Ritual

The Exorcist and The World

With the wisdom of The Exorcist and The World this week being all about de-possessing what no longer serves us, we're going to do a simple unbinding spell.

Note: this is not meant as a substitute for professional help. If you are being harmed by something, please seek out a professional to guide you.

What you will need:

- A piece of string or yarn long enough to tie around your wrist.
- Scissors or a knife.

Process:

- Open your sacred space however you like.
- Invite in your primary helper spirits and ask them to resource you with clearing and protection.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Set the piece of string on your altar, in front of you in your sacred space, or on your 3-in-1 tool if you have one.
- Speak aloud what is possessing you that you no longer want. This might be an emotional state, a thought pattern, or anything else that you have felt bound to. Speak these words into your piece of string. The string now becomes the symbol for this possessing force.
- Tie the string around your wrist letting yourself feel how you've been bound to this thing.
- When you feel ready to be rid of it, cut the string. Declare out loud that all ties to this thing have been severed. You are free of one another.
- If it's safe to do so, you may burn the string. Otherwise, throw it away.
- When you feel complete, offer gratitude and close your space.